

Why walk and cycle?

- Walking is free and a good bicycle can be bought and maintained for a reasonable price
- Walking or cycling to work or for pleasure is a great way to maintain a healthy lifestyle and keep fit
- The Heart Foundation recommends at least 30 minutes of moderate-intensity physical activity on all or most days of the week to help protect you against heart disease, diabetes, obesity, anxiety, depression and a host of other common health problems
- Walking is a practical and inexpensive alternative to car trips of less than 2km (equivalent to a 20 minute walk)
- If as little as 3% of Sydney cycled to work there would be about 25,000 fewer cars on the road daily
- By walking and cycling to work you also know you'll be helping to keep our air clean for today and future generations.

Ready to ride?

Here is a checklist to ensure that you and your bicycle are ready to hit the road:

- Helmet
- A fitted bell or horn
- Lights and a red rear reflector for night time riding
- Bicycle seat is in right position for your height - check this when riding as your leg should be straight with very slightly bent knees to reach the pedal
- Breaks are in good condition and properly adjusted
- Your tyres should be pumped up to their recommended pressure
- Your gears should be changing smoothly, or else they may need adjusting.

Sharing the paths

- Cyclists are allowed to ride two abreast (no more than 1.5 metres apart)
- Be very careful at intersections
- Provide clear hand gestures for turning or changing lanes - it's also a good idea to indicate when you're about to stop
- Use your bell to alert other path users, especially when you plan on overtaking
- Cyclists should keep to the left and give pedestrians priority - be prepared to slow down or stop as necessary
- Walkers should keep dogs on a short leash at all times and clean up after their pet
- Children under the age of 12 should be accompanied at all times
- If you walk or cycle at night be sure to stick to the lit pathways and always tell someone where you are going

Useful contacts

- Windsor Cyclists – Bicycle User Group (BUG) for the local government areas of Windsor, Baulkham Hills and Blacktown City Council areas
www.windsorcyclists.org.au
- Visit www.bv.com.au/find/4 to find out where the nearest bicycle store is



Rouse Hill Town Centre Green Travel Plan

Walking and Cycling Guide



Rouse Hill
TOWN CENTRE

GPT Great places to...

Walking and Cycling at Rouse Hill Town Centre



Situated within a scenic neighbourhood, Rouse Hill Town Centre is complete with a network of cycling and walking paths that provide the perfect opportunity to get some exercise and explore your local surrounds.

The path network also links in with the shared path located alongside the T-way and connects to an extensive network of cycle-ways being developed across western Sydney and the greater metropolitan area, making it ideal to enjoy an environmental way of transport.

Cycle parking is provided throughout Rouse Hill Town Centre in secure and convenient locations. There are 150 bike parks, which include 20 lockable bike boxes and 20 racks at either end of the Bus Interchange parallel to Tempus Drive.

If you would prefer to park your bike closer to the heart of Rouse Hill Town Centre, additional pods of bicycle racks are located along Main Street and Civic Way.

Rouse Hill Town Centre encourages everyone to consider their impact on the environment and their health through regular exercise.



- B** Bike racks
- L** Bike lockers
- Primary pedestrian route
- Shared cycle and pedestrian route
- On road sign posted cycle route